

We've already talked about NUTRITION and FITNESS as ways to keep our bodies and minds healthy, This month, HEALTH is all about germs and keeping safe from 'em. HYGIENE is all about keeping ourselves clean. The two are definitely related, as you'll see.....



What can germs do to us? \_\_\_\_\_

If you're feeling sick, what are some things you can do to keep your friends and family from getting sick, too? \_\_\_\_\_

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What about if someone else is sick, how can we keep it from spreading to us? \_\_\_\_\_

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When we talk about HYGIENE – keeping ourselves clean, it goes right with HEALTH. Germs love places that are dirty, and that stay dirty, especially if those places are warm and damp. By keeping those things and places clean, we can help defeat the evil germs.

Two things to keep clean: YOU, and YOUR STUFF.  
What are some things you can do to keep YOU clean?

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Now, what are some things you can do to keep YOUR STUFF clean?

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